



## U.S. Army Medical Department Activity - Bavaria Public Affairs Office

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### **Fact Sheet: Novel H1N1 Influenza**

*The following information is based on guidelines from the Centers for Disease Control and Prevention.*

**Defined:** Novel H1N1 Influenza is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization signaled that a pandemic of Novel H1N1 Influenza was underway.

#### **Facts:**

- H1N1 is very contagious and easily spreads from person to person.
- You cannot get infected with Novel H1N1 virus from eating pork or pork products.
- People infected with the flu may be able to infect others from one day before getting sick to five to seven days after.

#### **Preventive Measures:**

- Cover your nose and mouth when you sneeze or cough.
- Wash your hands often with soap and water. Alcohol-based cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with people who are sick.
- Check for updates on Web sites like the World Health Organization ([www.who.int](http://www.who.int)), Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), Flu.gov ([www.pandemicflu.gov](http://www.pandemicflu.gov)), and the DoD Watch Board (<http://fhpo.osd.mil/aiWatchboard/>).

**Symptoms:** Symptoms include a fever greater than or equal to 100.5 degrees F, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, sometimes diarrhea and vomiting.

#### **If you think you have the flu:**

- Stay home from work or school. The CDC recommends you stay home at least 24 hours after your fever is gone, except for medical treatment and other necessities. Your fever should be gone without the use of fever-reducing medicine.
- Get lots of rest, drink plenty of liquids and avoid using alcohol or tobacco.
- Call the Nurse Advice Line and speak to a registered nurse about your symptoms 24 hours a day, 7 days a week. The NAL can schedule an appointment for you at your local health clinic if you need one. Nurse Advice Line: 00800-4759-2330
- If you need to go to the clinic for an appointment, call the clinic first so the staff can take the necessary precautions to help prevent the spread of the virus.

**H1N1 Vaccine:** An H1N1 vaccine is currently being developed. Once the vaccine is available, notices will be put out to the community through town halls, local newspapers, the Web and AFN.

The information in this fact sheet was taken from the Centers for Disease Control and Prevention Web site at [www.cdc.gov](http://www.cdc.gov). For local updates, check the Bavaria MEDDAC Web site at:  
<https://ermc.amedd.army.mil/Bavaria/index.cfm>.